



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09066, Cherries, sour, red, canned, heavy syrup pack, solids and liquids

Report Date: June 29, 2017 23:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
Proximates					
Water	g	75.66	--	--	193.69
Energy	kcal	91	--	--	233
Energy	kJ	381	--	--	975
Protein	g	0.73	--	--	1.87
Total lipid (fat)	g	0.10	--	--	0.26
Ash	g	0.25	--	--	0.64
Carbohydrate, by difference	g	23.27	--	--	59.57
Fiber, total dietary	g	1.1	--	--	2.8
Sugars, total	g	22.17	--	--	56.76
Minerals					
Calcium, Ca	mg	10	--	--	26
Iron, Fe	mg	1.30	--	--	3.33
Magnesium, Mg	mg	6	--	--	15
Phosphorus, P	mg	10	--	--	26
Potassium, K	mg	93	--	--	238
Sodium, Na	mg	7	--	--	18
Zinc, Zn	mg	0.06	--	--	0.15
Copper, Cu	mg	0.066	--	--	0.169
Manganese, Mn	mg	0.072	--	--	0.184
Selenium, Se	µg	0.0	--	--	0.0
Vitamins					
Vitamin C, total ascorbic acid	mg	2.0	--	--	5.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
Thiamin	mg	0.016	--	--	0.041
Riboflavin	mg	0.039	--	--	0.100
Niacin	mg	0.168	--	--	0.430
Pantothenic acid	mg	0.105	--	--	0.269
Vitamin B-6	mg	0.044	--	--	0.113
Folate, total	µg	8	--	--	20
Folic acid	µg	0	--	--	0
Folate, food	µg	8	--	--	20
Folate, DFE	µg	8	--	--	20
Choline, total	mg	4.1	--	--	10.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	36	--	--	92
Retinol	µg	0	--	--	0
Carotene, beta	µg	428	--	--	1096
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	714	--	--	1828
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	57	--	--	146
Vitamin E (alpha-tocopherol)	mg	0.23	--	--	0.59
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.4	--	--	3.6
Lipids					
Fatty acids, total saturated	g	0.021	--	--	0.054
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 256g
16:0	g	0.015	--	--	0.038
18:0	g	0.005	--	--	0.013
Fatty acids, total monounsaturated	g	0.026	--	--	0.067
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.026	--	--	0.067
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.029	--	--	0.074
18:2 undifferentiated	g	0.015	--	--	0.038
18:3 undifferentiated	g	0.014	--	--	0.036
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0